



South Central District Health

Keeping your family & community healthy
1020 Washington Street North * Twin Falls, ID 83301
208-737-5900 * www.phd5.idaho.gov

January 19, 2007

PRESS RELEASE – For Immediate Release

Contact: Tami Pearson, Health Education Specialist, 737-5945

District Health and CSI Offer Free Tobacco Cessation Classes

South Central District Health and the College of Southern Idaho will offer the American Cancer Society's "Fresh Start" program to help adults and college students quit using tobacco. Two sessions of the FREE four-class program will be offered at the college: Tuesdays, February 6 - 27, at 5:30 p.m. and Wednesdays, February 7 - 28, at 12 Noon. Both sessions will meet in CSI's Student Union Classroom 247. Registration for the classes can be made by calling Tami Pearson, Tobacco Program Coordinator, at 737-5945.

The "Fresh Start" program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 440,000 people die every year in United States from using tobacco products. For every tobacco-related death, twenty others suffer significant health issues with decreased quality of life. Space is limited in the free class so participants are urged to register early.

###